



RIVERDALE CONNECTIONS

February 2022– Issue 50

Riverdale Senior Center

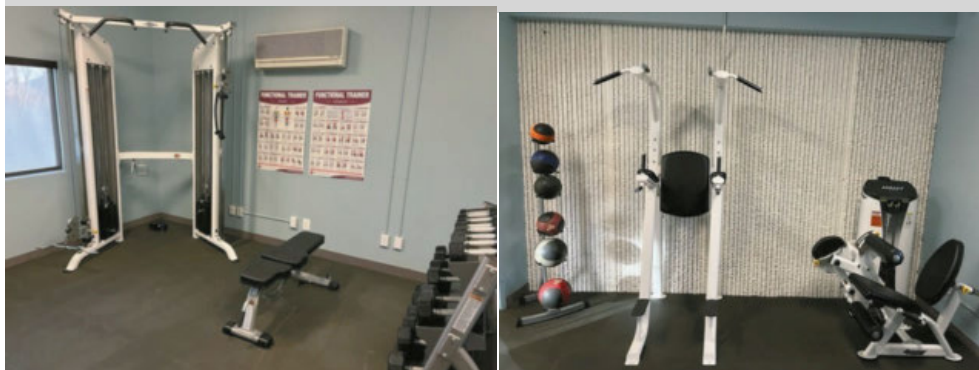
4433 S 900 W.
Riverdale, UT 84405
(801)621-6086

Center Hours
Monday- Friday
8 am-3:30 pm

Riverdale Community Center

4360 S Parker Dr.
Riverdale, UT 84405
(801)621-6084

Center Hours
Monday- Saturday
6 am-9 pm



COME SEE THE NEW EQUIPMENT
IN THE EXERCISE ROOM AT THE
COMMUNITY CENTER



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Register now at www.riverdalecity.com

COMING TO RIVERDALE

BECOME A....



**BETTER
BALLER**

CLASSES STARTING MARCH 1, 2022

LIMITED SPOTS
AVAILABLE

- TUES-THURS: SKYHAWKS CLASSES

- SATURDAY: PEAK 3ON3 GAMES

AGES 6-12 YEARS OLD (BEGINNER TO INTERMEDIATE)

Better Ballers is a new and unique way for kids to learn and play (better) basketball! By combining weekly Peak 3-on-3 league play with Skyhawks skills-based basketball classes, participants in this program will learn basketball fundamentals and 'life skills through sports' to become Better Ballers!

REGISTER TODAY AT:
RIVERDALE.ACTIVITYREG.COM

POWERED BY:



Pickleball



**Registration is still available for February Pickleball Club
Call 801-621-6084 or visit our website at
www.riverdalecity.com for more info**

**AVAILABLE FOR
A LIMITED TIME!**

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Recreation Programs

BOYS BASKETBALL

Our Boys Basketball season began January 10th. We love watching our city participants show their good sportsmanship. You can see the growth and progress the boys have made from previous years. We are also grateful for our volunteer coaches. They have put so much effort and time into teaching their players fundamentals as well as good sportsmanship.



AFTER SCHOOL FUN



Community Center Events

Check our website for Riverdale Youth City Council Valentine's Activity

Senior Center Events

February 2nd– **Robin Arnold** will perform at lunch.

February 8th– Foot Care Clinic– 9:30– 3:00 By appointment only. Call (801) 621-6086 for an appointment.

February 14th -**Barber Shop Quartet** will perform at lunch.

February 18th – Ensure Pickup

February 21st The Senior Center will be closed on for President's Day

February 24th– DUP 1:00 pm

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RIVERDALE SENIOR CENTER MENU

Menu

Monday	Tuesday	Wednesday
	1 Chicken Patty & Biscuit Country Gravy Corn Birthday Cake	2 Club Sandwich Chips Tossed Salad Cookie
7 Angel Chicken White Rice Beets Cherry Turnover	8 Taco Bake Spanish Rice Cowboy Caviar Cinnamon Stack	9 Baked Ham Cheesy Potatoes Green Beans Cookie
14 Lasagna Caesar Salad French Bread Heart Shaped Sugar Cookie Chocolate Milk	15 Ground Beef Gravy Over Egg Noodles Tossed Salad Tapioca Pudding	16 Fish & Chips Coleslaw Jell-O w/Whipped Topping
21 <u>CLOSED</u> 	22 Fried Chicken Mashed Potatoes & Gravy Peas Fruit Cocktail	23 Mountain Man Breakfast Fresh Fruit Cinnamon Roll
28 Sloppy Joes French Fries Coleslaw Jell-O		

FEBRUARY 2022

Thursday	Friday
3 Roast Beef Mashed Potatoes & Gravy Carrots & Roll Peaches	4 Pork Loin Sweet Potatoes New Brunswick Veggies Bread Pudding
10 Chicken & Wild Rice Soup French Bread Strawberry Spinach Salad Lemon Bars	11 Combo Pizza Tossed Salad Carrot Sticks Peanut Butter Bar
17 Country Fried Steak Mashed Potatoes & Country Gravy Carrots Chocolate Pudding	18 Cheeseburger Puzzle Potatoes Corn Cupcake
24 Salisbury Steak Mashed Potatoes & Gravy Broccoli, Roll Apple Crisp	25 Teriyaki Chicken White Rice Egg Roll Cauliflower Blondie

Lunch is served at noon weekdays for seniors 55 and older for \$3.50
 Reservations are needed by 8am the day of for a lunch.

Coffee and treats are available beginning at 8 AM–12:30 PM. There is a suggested donation of \$0.50.

Donations:



Chipotle– Monday, Wednesday, & Friday
Longhorn– Wednesday
Starbucks– Monday, Wednesday, and Friday

ATTENTION:

We are in need of Seniors to make handmade crafts for our Fall Sale.
 Please inquire with Miranda if you are interested.

FEBRUARY 2022

Riverdale Senior Center Activities

Monday	Tuesday	Wednesday	Thursday	Friday
	1 8:00 Pinochle 8:30 Senior Aerobics 9:00 & 10:00 Yoga 9:00 Lapidary 9:30 Scrapbooking 12:30 Bingo 1:00 Cards	2 10:00 Decorative Painting 11:00 Blood Pressure Check 11:45 Robin Arnold will perform at lunch 12:00 Bridge 1:00 Karaoke	3 8:30 Senior Aerobics 9:00 Men's Fitness 1:00 Computer Help	4 9:00 & 10:00 Yoga 10:00 Stained Glass 12:00 Bridge
7 8:00 Pinochle 9:00 Lapidary 9:30 Sewing Room 10:00 Enhance Fitness 12:00 Bridge 10:00 Wire Wrapping	8 8:00 Pinochle 8:30 Senior Aerobics 9:00 & 10:00 Yoga 9:00 Lapidary 9:00 Foot Clinic-By appointment only 12:30 Bingo 1:00 Cards	9 9:00 Ogden Quilt Guild 10:00 Decorative Painting 12:00 Bridge 1:00 Karaoke	10 8:30 Senior Aerobics 9:00 Men's Fitness 10:00 Roy Pioneer Quilter's 1:00 Computer Help	11 9:00 & 10:00 Yoga 10:00 Stained Glass 12:00 Bridge
14 8:00 Pinochle 9:00 Lapidary 9:30 Sewing Room 10:00 Enhance Fitness 12:00 Bridge 10:00 Wire Wrapping 11:45 Barber Shop Quartet 	15 8:00 Pinochle 8:30 Senior Aerobics 9:00 & 10:00 Yoga 9:30 Scrapbooking 12:30 Bingo 1:00 Cards	16 10:00 Decorative Painting 12:00 Bridge 1:00 Karaoke	17 8:30 Senior Aerobics 9:00 Men's Fitness 1:00 Computer Help	18 9:00 & 10:00 Yoga 10:00 Stained Glass 12:00 Bridge <u>ENSURE PICKUP</u>
21 <u>CLOSED</u> 	22 8:00 Pinochle 8:30 Senior Aerobics 9:00 & 10:00 Yoga 12:30 Bingo 1:00 Cards	23 10:00 Decorative Painting 12:00 Bridge 1:00 Karaoke	24 8:30 Senior Aerobics 9:00 Men's Fitness 11:00 DUP 1:00 Computer Help	25 9:00 & 10:00 Yoga 10:00 Stained Glass 12:00 Bridge
28 8:00 Pinochle 9:00 Lapidary 9:30 Sewing Room 10:00 Enhance Fitness 12:00 Bridge 10:00 Wire Wrapping				

Senior Center

Volunteer of the Month

Barbara Knudson



Barbara has volunteered at the Senior Center for 3 years. She works at the front desk and helps with the lunch money. She enjoys meeting new people and making new friends while she volunteers. Her neighbor told her about the opportunity to volunteer at The Senior Center. She enjoys baking, reading, playing golf, and spending time with her family. Barbara is always so helpful and friendly and we very deserving of February's Volunteer of the Month.

Item of the Month

Hearts for your loved ones.

\$1.50



NEVER MISS A NEWSLETTER!

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Registrations

Group Fitness
Begins February 28

Baseball/Softball
Start Smart
Coach Pitch/T-Ball
Begins March 1

Employee Spotlight

Name Bryant Nolasco

Worked for the city since November 2021

What is your favorite part of your job?
Working with the kids and doing sports.

What is your favorite food? Sushi

What are your hobbies?
Playing soccer and snowboarding

You would like a lifetime supply of:
Money or Music



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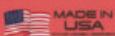


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Riverdale Community & Senior Center, Riverdale, UT

D 4C 05-1137

Memories— Family Fun Activity



BOYS BASKETBALL WINTER 2022



ONLY \$20

Available at the front desk at
the Community Center

